

## IN THE CLAIMS

1. (original) A method to form a mouthguard to be worn by a user, the method includes the steps of:

providing a mould having a portion configured as a reproduction of a portion of a user's mouth;

locating on the mould a mouth guard shell to be plastically deformed by pressure to conform to said portion;

placing over the shell a deformable sheet so that the shell is located between the sheet and mould; and

applying a pressure differential across the sheet so that the sheet urges the shell against the mould to plastically deform the shell against said portion so that the mouthguard conforms to the configuration of the user's mouth.

2. (original) The method of Claim 1 wherein the sheet has a shell side and a remote side, with the pressure on said remote side being increased to urge the shell against the mould.

3. (original) The method of Claim 1 wherein said sheet has a shell side and a remote side, with the pressure on said shell side being reduced to urge the shell against the mould.

4. (previously presented) The method of claim 1 wherein said sheet is formed of natural synthetic rubber, latex, silicone or elastic foil.

5. (currently amended) The method of claim 1 wherein said sheet is of a domed configuration prior to ~~defamation~~ the deformation.
6. (currently amended) The method of claim 1 wherein said sheet is flat prior to ~~elastic defamation~~ the deformation.
7. (currently amended) The method of claim 1 wherein said sheet is maintained at a spaced location relative to the shell prior to ~~elastic defamation~~ the deformation, and is subsequently moved towards said shell to cause initial elastic defamation of the sheet prior to applying said pressure differential.
8. (canceled)
9. (previously presented) A mouthguard formed by the method of claim 1.
10. (previously presented) The method of claim 2 wherein said sheet is formed of natural of synthetic rubber, latex, silicone or elastic foil.
11. (previously presented) The method of claim 3 wherein said sheet is formed of natural of synthetic rubber, latex, silicone or elastic foil.

12 (currently amended) The method of claim 2 wherein said sheet is of a domed configuration prior to ~~defamation~~ the deformation.

13. (currently amended) The method of claim 3 wherein said sheet is of a domed configuration prior to ~~defamation~~ the deformation.

14. ((currently amended) The method of claim 4 wherein said sheet is of a domed configuration prior to ~~defamation~~ the deformation.

15. (currently amended) The method of claim 2 wherein said sheet is flat prior to ~~elastic defamation~~ the deformation.

16. (currently amended) The method of claim 3 wherein said sheet is flat prior to ~~elastic defamation~~ the deformation.

17. (currently amended) The method of claim 4 wherein said sheet is flat prior to ~~elastic defamation~~ the deformation.